



Know your  
numbers  
...know  
your risk

# FREE HEALTH SCREENING

## Two Ways To Schedule An Appointment

1. [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)
2. 1-888-275-1205 (option 5)

Free screenings are offered to employees and eligible retirees/spouses/dependents. Blood lipids and glucose testing is conducted using a simple fingerstick.

Results you will receive include:

- Total Cholesterol, HDL, LDL and Triglycerides
- Glucose
- Blood Pressure
- Height, Weight and Body Mass Index (BMI)
- Waist Circumference

By knowing your numbers, you can take action to reduce your risk of developing serious health problems.

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

Appointments are required to attend.

For the most accurate results, plan to fast for a minimum of 8 hours prior to your screening.

**Use your results to complete an online health assessment & earn a \$50 gift card (optional)!**

